

Electronic Supplementary Figure S2 Cover Page

Article title: The Effect of Load and Volume Autoregulation on Muscular Strength and Hypertrophy: A Systematic Review and Meta-Analysis

Journal name: Sports Medicine - Open

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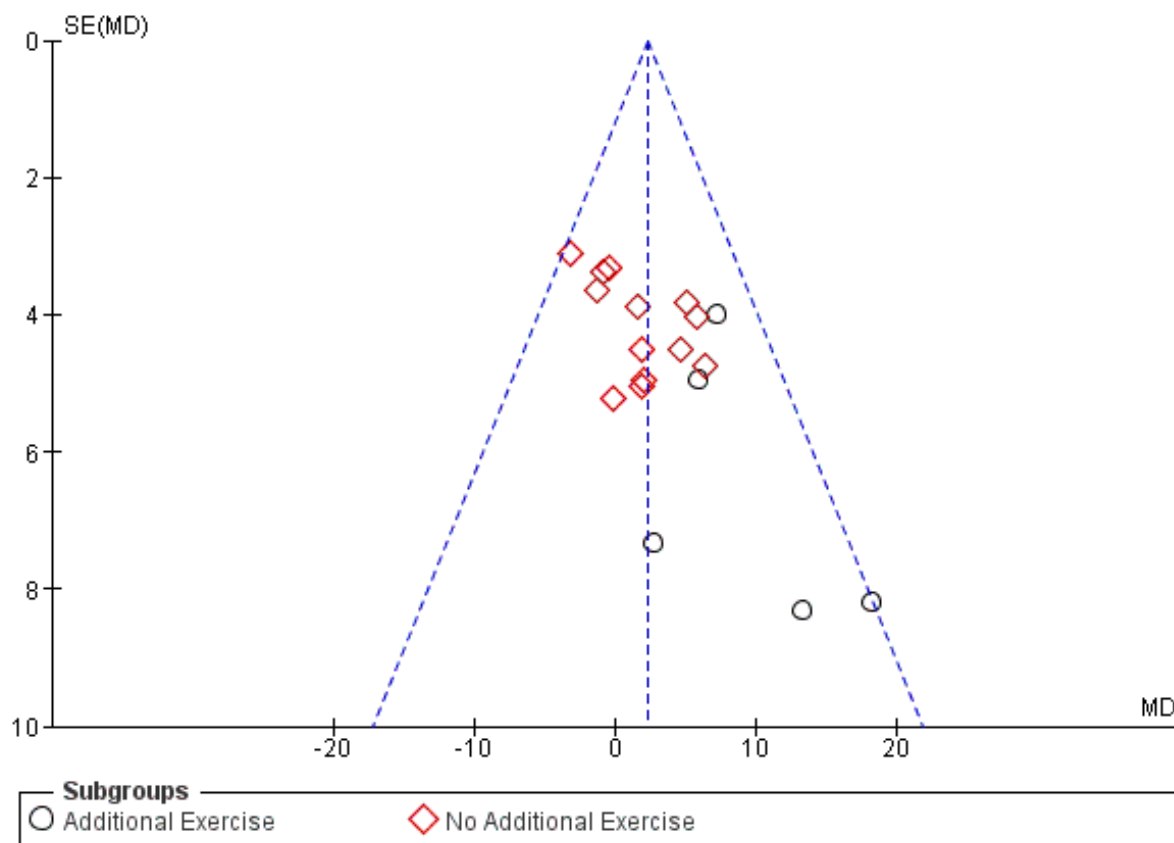
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Electronic Supplementary Figure S2 Funnel plot for fixed effects meta-analysis of the mean differences in one-repetition maximum strength adaptations comparing $\leq 25\%$ to $>25\%$ velocity loss with subgroup analysis comparing additional to no additional exercise apart from the main comparator resistance training protocol. *MD* mean difference, *SE* standard error